

SBRC Gym Schedule

August 31-September9

Sadam Goodam Go		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Gym Si30-9:00 Si30-9:00 Si30-8:50 Si30-9:00 Si30	5:30am							
Open Gym 5:30-9:00 5:30-8:50 5:30-9:50 0pen Gym 5:30-12:00 0pen Gym 10:00-42:00 0pen Gym 10:00-12:00 0pen Gym	6:00am							
Signature Sign	6:30am	Onon Gym	Open Gym		Open Gym			
Solom Sol	7:00am	-	5:30-8:50		5:30-8:50			
Signary Sign	7:30am							
9:00am 9:00-10:00 Prop-in Total Body Fitness 8:50-9:50 Prop-in Total Body Fitness Prop-in Prop-in Total Body Fitness Prop-in Total Body Fitness Prop-in Total Body Fitness Prop-in Prop-in Total Body Fitness Prop-in Total Body Fitness Prop-in Prop-in Total Body Fitness Prop-in Prop-in Total Body Fitness Prop-in Prop-in Prop-in Total Body Fitness Prop-in Prop-in Total Body Fitness Prop-in Prop-in Prop-in Total Body Fitness Prop-in Pr	8:00am			Onon Cum		On an Cum		
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2:00pm 2:30pm 3:00pm 3:30 3:30 1:30-3:30	1:30pm			Bball		1:00-5:00		Open Gym
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